

the Month

TOMATOE

RECIPE: SIMPLE ROASTED **TOMATO SAUCE**

INGREDIENTS

20 lbs fresh roma tomatoes 1 cup olive oil 1/4 cup sugar 40 cloves, garlic 2 Tbsp italian seasoning

YIELD: 50 - 1/4 SERVINGS

- 2 Tbsp dried basil
- 2 tsp fennel seeds
- 2 tsp salt
- 2 tsp black pepper

PREPARATION

- 1. Core tomatoes with a tomato corer or knife and remove any bruised or brown spots.
- 2. Place in a parchment-covered roasting pan, top up.
- 3. Drizzle the tops with oil and sugar.
- 4. Roast until the tomatoes are soft enough to break up.
- Convection oven: 400°F about 35-45 minutes
- Conventional over: 450°F about 40-50 minutes
- 5. Break up with a spoon, add garlic, then roast until partly blackened, about 15 minutes.
- 6. Return to oven and continue to roast an additional 15 minutes. (Partly blackened tomatoes will make a tasty sauce.)
- 7. Cool slightly and blend until smooth in a food processor with remaining ingredients.
- 8. Serve hot as you would any tomato sauce: with pasta,
- in Chicken Parmesan or soups, stews, etc.

Adapted from: Massachusetts Farm to School

MEAL PATTERN CONTRIBUTION

1/4 cup vegetable

RECIPE: CHEF SAM'S TUSCAN WHITE BEAN SALAD

YIELD: 50 - 3/4 CUP SERVINGS

INGREDIENTS

13 lb 4 oz canned Great Northern Beans, drained and rinsed

3 lb 2 oz plum tomatoes

1 cup parsley, chopped 1 Tbsp kosher salt 1/2 Thisp black pepper, ground 1 1/2 cup olive oil 1/3 cup garlic, minced 3 cups red onion, chopped

PREPARATION

1. Chop tomatoes into a small dice. Add beans, diced tomatoes and chopped parsley to a large bowl. Add salt and pepper. Mix well.

2. In a skillet over medium heat, heat olive oil. Once hot, add onions and garlic and sautè until onions are translucent (3-5 minutes). Stirring constantly.

3. Add olive oil, garlic and onions to beans and tomato mixture. Mix well. Chill until ready to serve.

Adapted from: Healthy School Recipes

MEAL PATTERN CONTRIBUTION

1/2 cup legume/vegetable

RECIPE: WILD RICE SALAD (GRAB & GO RECIPE!)

YIELD: 48 SERVINGS

A great grab and go lunch! This colorful Southwest themed salad is full of vegetables and flavored with a light dressing.

INGREDIENTS

6 lb wild rice

6 cups fresh lime juice

6 Tbsp cumin

5 Tbsp salt

3 Tbsp black pepper 6 cups olive oil

12 cups chopped red bell pepper

12 cups chopped tomato or halved

cherry tomatoes

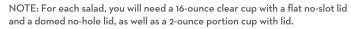
6 cups chopped fresh cilantro

24 cups canned black beans, drained, low sodium

24 cups corn kernels

PREPARATION

- 1. Cook wild rice according to package directions.
- 2. Drain well and cool completely on a sheet pan.
- 3. Whisk together the lime juice, cumin, salt, pepper and oil.
- 4. Fill 2-ounce dressing cups with 1/4 cup of dressing and cover each with a lid.
- 5. Layer ingredients into 16-ounce cups as follows: 1 cup rice, 1/4 cup bell pepper, 1/4 cup tomato, 2 tablespoons cilantro, 1/2 cup black beans,
- 6. Cover the cup with a flat lid. Place the dressing cup on top of the flat lid. Place the domed lid on top of the salad cup and press to seal. To make the salad, remove lids from the cup. Pour contents of the dressing container into the cup. Replace the domed lid only and shake the salad until ingredients are mixed.



Adapted from: inHarvest





1 cup vegetable (1/2 cup red/ orange, 1/2 cup starchy) 2 oz meat/meat alternate



